



# Chef Charles Says...



March

## Pick a Better...

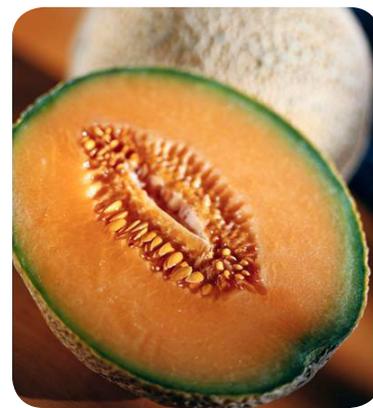
## Potassium Rich Foods

A high-potassium diet is good for your heart. In fact, the more potassium in your diet, the better your whole diet tends to be. That is why the 2010 Dietary Guidelines for Americans emphasize potassium-rich foods. Studies have found that an average increase of three, high-potassium foods a day is linked to a 21 percent reduction in the risk of stroke. The daily recommendation for potassium is 4,700 milligrams of potassium. Most Americans get half that much.

Vegetables, fruits and beans are rich in potassium. Dairy products, fish and nuts are also good sources. Natural forms of these potassium-rich foods are low in sodium – an added bonus! People who have impaired kidney function or are taking certain medications will

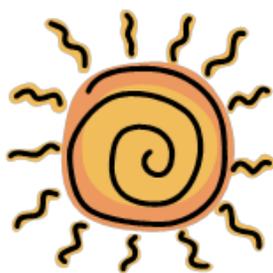
want to discuss with their health care provider the amount of potassium that is recommended for them. These individuals should not take potassium supplements or use high-potassium salt substitutes, unless recommended by health care providers.

Journal of the American College of Cardiology, September, 2010.



See page 2 for a list of foods high in potassium.

## Chef Charles Says... Let the Sun Shine In



The winter season is just about finished. We have been content to stay inside where it is warm. And when we do go outside in the winter, we bundle up to protect ourselves from the cold. It is important to be warm and protected. The downside of

all the protection is limited exposure to the sun, a major contributor of vitamin D.

Unfortunately, as we age, the skin does not absorb vitamin D as well. Vitamin D aids in the absorption of calcium, helping to form and maintain strong bones. It is used, along with calcium, to increase bone density and decrease fractures. Recently, research also suggests that vitamin D may provide protection from osteopo-

rosis, hypertension (high blood pressure), cancer, and several autoimmune diseases. Vitamin D is also found in foods, such as fish, eggs, fortified milk, and cod liver oil. A supplement with vitamin D is also recommended for older adults. As spring begins, remember to put a little sunshine in your day. It is good for your body.

## Get the News Tricky Trans Fat Labels

Current Food and Drug Administration rules allow companies to label products as *trans* fat free if they contain less than 0.5 grams per serving. What happens if you eat two servings? For example, if the product has 0.4 grams per serving and two servings are eaten, you will have consumed .08 grams of *trans* fats. The recommendation is to eat as little *trans* fat as possible.



Developed by:

Iowa Department of Public Health, [www.idph.state.ia.us/nutritionnetwork](http://www.idph.state.ia.us/nutritionnetwork)  
Iowa Department on Aging, <http://www.aging.iowa.gov>

Information & resources for seniors with home & family questions

ISU AnswerLine 1-800-262-3804

# Chef Charles Asks the Questions

## Can I Trust The Calorie Count On A Restaurant Menu?

In 2012, restaurants with more than 20 locations will be required



to include calorie counts for the foods they serve. Is the information accurate? According to a USDA study of 42 fast food and sit-down chain restaurants, the answer overall is yes. In fact, researchers found that 52 percent of menu items tested actually had fewer calories than posted. But be wary of lower-calorie menu options. Foods with less than 600 calories per serving were the most likely to be off by 100 or more calories.

JAMA, vol. 306, p. 287.  
November, 2011

## List of Foods High in Potassium

Foods	Serving Size	Potassium (mg)
Apricots, dried	5 halves	204
Bananas, raw	1 small	594
Beets, cooked	1/2 cup	260
Brussel sprouts, cooked	1/2 cup	252
Cantaloupe	1 cup	494
Kiwi fruit, raw	1 medium	252
Lima beans	1/2 cup	478
Melons, honeydew	1 cup	461
Milk, fat free or skim	1 cup	407
Nectarines	1 nectarine	288
Orange juice	1/2 cup	248
Oranges	1 orange	237
Pears, fresh	1 pear	208
Potatoes, baked	1 potato	926
Prune juice	1/2 cup	354
Prunes, dried	1/2 cup	414
Raisins	1/4 cup	272
Spinach, cooked	1 cup	839
Tomato products, canned sauce	1 cup	909
Winter squash	1 cup	896
Yogurt plain, skim milk	1 cup	579

# Food Safety Become a Safe Food Shopper

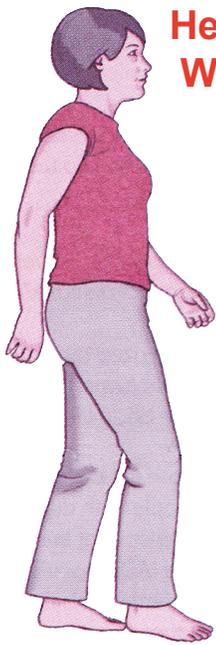
- ◆ Read food labels to make sure food is not past the 'sell by' date.
- ◆ Place raw packaged meat, poultry, or seafood into a plastic bag before placing it in the shopping cart. Juices will not drip on and contaminate other foods.
- ◆ Buy only pasteurized milk, cheese, and other dairy products. If you buy fruit juice from the refrigerator section, be sure the juice label indicates it is pasteurized.
- ◆ Purchase eggs in the shell from the refrigerated section of the store. Store the eggs in their original carton in the main part of your refrigerator. For recipes that call for eggs that are raw or undercooked when the dish is served—Caesar salad dressing and homemade ice cream are two examples—use either shell eggs that have been treated to destroy salmonella by pasteurization, or pasteurized egg products.
- ◆ Purchase canned goods that are free of dents, cracks, or bulging lids. Always clean each lid before opening the can.

## Answers

S A W Z Y E G S Y A T S K S S  
 C T M I X S R R K T P F E T T  
 A R U S N A N L A I U O Z O C  
 N A M O E T I A N T H N C U  
 T X P R M E A E A G E N I D  
 A S C T M P C R T B C E U R O  
 L Q I R H S O S T A R S P R  
 O N K Q P U P L A Q K M I A P  
 U S E P U D G R E H U Z I K O  
 P T X F E P I O Q S G A K L T  
 E E S K N N C U Y C S E S D A  
 F E A R E S E N U R P U Z H M  
 D B A S B A N A N A S D R I O  
 H O N E Y D E W M E L O N B T  
 T I U R F I W I K F R O H D X

# Be Active...

Illustrations: Alayna Paquette



### Heel-to-Toe Walk

Position your heel just in front of opposite foot each time you take a step. Your heel and toes should touch or almost touch as you walk. Repeat 3-5 times.



### Hip Flexion

Stand beside a chair, gripping it for balance. Slowly bring one knee toward your chest without bending your waist. Hold for one second, then slowly lower your leg all the way down. Repeat with your other leg. Alternate legs until you've done 8-15 repetitions with each leg. Rest, then repeat. Progress until you can balance without holding on.



### Knee Flexion

Stand behind a sturdy chair, holding on for balance. Lift one foot off the floor and slowly bend your knee as far back as possible. Hold the position for one second. Slowly lower your foot, then repeat with your other leg. Alternate legs until you have done 8-15 repetitions. Rest, then do another set. As you progress, hold onto the chair with one hand, then with only one fingertip, then without holding on at all.

## Broccoli Mandarin Orange Salad

- 2 1/2 cups broccoli florets
- 1 tablespoon almond slivers (optional)
- 1 - 11 oz. can of mandarin orange sections, well drained
- 1/2 orange juice
- 1/4 cup onions, chopped
- 4 teaspoons vinegar
- 2 teaspoons sugar
- 1 tablespoon oil

This Is A  
Fruits & Veggies—More Matters®  
Recipe



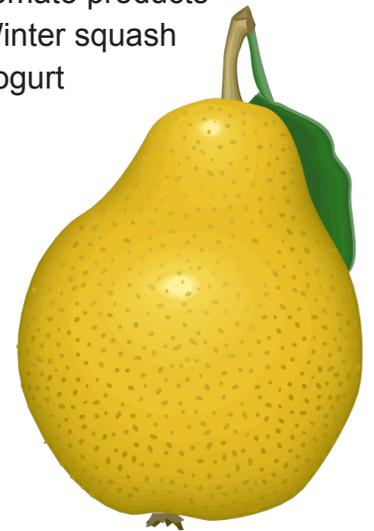
Steam broccoli florets in covered saucepan for 3 minutes only. Remove quickly and rinse with cold running water until broccoli is no longer warm. Do not cook further. Place in serving bowl and chill, covered. Meanwhile, in a medium-sized bowl, combine almonds, drained mandarin oranges, chop onions, and remaining ingredients. Toss gently and allow to stand at room temperature for about 15 to 30 minutes. When ready to serve, pour marinated orange mixture on chilled broccoli and toss very gently.

Makes three servings. Each serving contains: 151 calories; 5 g fat; 59 mg sodium; 25 g carbohydrates; 6 g fiber; 154 mcg folate; 620 mg potassium

# Potassium Power Foods

S A W Z Y E O S Y A T S K S S  
 C T M I X S R R K T P F E T T  
 A R U S N A N L A I U O Z O C  
 N A M O E T I A N N T H N C U  
 T I X P R M E A E A G E N I D  
 A S C T M P C R T B C E U R O  
 L I Q I R H S O S T A R S P R  
 O N K Q P U P L A Q K M I A P  
 U S E P U D G R E H U Z I K O  
 P T X F E P I O Q S G A K L T  
 E E S K N N C U Y C S E S D A  
 F E A R E S E N U R P U Z H M  
 D B A S B A N A N A S D R I O  
 H O N E Y D E W M E L O N B T  
 T I U R F I W I K F R O H D X

Apricots  
 Baked potatoes  
 Bananas  
 Beets  
 Brussel sprouts  
 Cantaloupe  
 Honeydew melon  
 Kiwi fruit  
 Lima beans  
 Nectarines  
 Oranges  
 Pears  
 Prunes  
 Raisins  
 Skim milk  
 Spinach  
 Tomato products  
 Winter squash  
 Yogurt



## Food Assistance Myth Busters

Let's clear up some myths about Food Assistance. Have you heard this statement before?

*I don't want to take it (Food Assistance) away from someone who can use it more.*

- ◆ Food Assistance is funded for all who are eligible; if you receive it, it will not keep someone else from getting Food Assistance.
- ◆ There are many Iowans who are now eligible that have not signed up including many older adults.
- ◆ Food Assistance is good for our economy. \$1.80 is returned to our community for every \$1 in Food Assistance dollar spent.

## Resource: DASH Diet Plan

If you follow the anti-hypertension Dietary Approach to Stop Hypertension (DASH) diet plan you will be close to the daily potassium recommendation. To learn more about DASH and how it can help you choose a healthy diet, check out this website:

[www.nhlbi.nih.gov/health/public/heart/hbp/dash/new\\_dash.pdf](http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf)

